

About Kati Standefer's Trauma Doula Offerings

Thanks for your interest in working with me as a trauma doula. I'm truly honored.

Although our work together will sometimes resemble writing coaching, it will be different in several key ways that it's important to understand. While writing coaches often help writers achieve timelines, hit word counts, or finish a book within a certain time period, I'm steeped in the understanding that trauma processes are not linear and that pushing through this work can do more harm to us than good. Rather than accomplishing goals, I'm interested in bringing writers closer to themselves, by identifying the somatic, mental, craft, and spiritual blocks getting in the way of their work birthing at all or reaching its most powerful form. Those who are successful working with me are people who know in their gut that they *have* to tell their own difficult story—and who suspect (and maybe fear) that they will be transformed in the process. In other words, although it's a wonderful side effect if I'm able to connect you with your own productivity, what we are doing is antithetical to the energy of pushing and often requires slowing way down. (If that scares you, well, you're likely right where you need to be.) The tools I draw on are scientific (trauma-informed) and craft-oriented, but they're also energetic. In our sessions I might draw on archetypes, speak out of spiritual intuition, or connect you with practitioners like a reiki master, if that's what your project and/or body seem to be asking for.

In short: If you're seeking primarily to move forward in a linear way on a writing project, my services might not be for you. However, if you're frustrated that moving forward in a linear way hasn't happened or seemed possible—if you're hitting blocks that have ground things to a halt—I'm here to hold this space of uncertainty with you, working in nuanced ways specific to your trauma history, listening for how your spiritual life might be calling you forward through your writing, and helping you connect to the craft choices that will bring your story into blossom.

When I work with you, I bring the entirety of myself. Not every writing mentor has capacity for dark, difficult, and complex stories of trauma. Though some of my capacity is inborn and some of it comes from the depth of my own trauma work, either way showing up to trauma doula work requires that I honor my body. As a trauma survivor, I'm dedicated to showing up to your appointments regulated and healthy, and may cancel if my own activated nervous system seems like it might keep us from having a fruitful session. As a timeblind person living with ADHD, I'm not the right person to build timelines, set deadlines, or hold you accountable to your writing practice. (Only you can show up to the page.) As a soul-led practitioner, I'm dedicated to saying yes only to that which is in alignment. For this reason, I no longer offer packages, which can create an expectation of ongoing obligation (or require the messiness of refunds). We might be in alignment for one session; we might work together on and off for years. Please know that if I am unavailable to you because my focus has shifted into my own writing, because my body has asked that I change my pace of work, or for any other reason, it is not a rejection of you or your writing. I believe deeply that people connect exactly when they are supposed to, in exactly the way that benefits both, and that connections are most powerful when they come out of a shared "yes." I believe, as well, that sometimes disappointing experiences are part of what our spirits have called forward to help us step further into our power, see elements of ourselves that need healing, or slow us down at a time we're missing what actually needs our attention. If committing to a certain number of sessions or having a clear start and end date to our container is important to you, I might not be the right writing practitioner for you, and that's okay. (Some writers use my trauma doula services alongside other classes or coaching, much in the way you

would see a bodyworker or intuitive to get through specific experiences despite working with a regular therapist.)

You are welcome to use my services with or without having me look at pages of your work. If you send pages, they should always be in **Times New Roman 12pt** font, with double-spacing and one-inch margins. This maintains the consistency of my standard rates. While I usually try to have notes on your work ready to send at the conclusion of your session, in some cases I may need around a week to send your comments. I have learned to interpret this as my body responding to divine timing (sometimes my brain literally *won't* complete these comments any faster). **Please do not send me follow-up emails about these comments**—I always know when our exchange is not complete, and will always send your document as soon as it is in alignment.

In advance of our first session, please send me an email answering the following questions:

1. *What brings you to this coaching package? Where are you in your trauma journey, and where are you in your writing life? Please describe how you hope to benefit from our work together.*
2. *How long has it been since the primary form of trauma you hope to write about? (Months? Years? Ongoing?)*
3. *Describe any writing projects currently underway, if you have not already explained them.*
4. *What body based practices do you currently draw on to help regulate your nervous system, if any? (examples: Reiki, acupuncture, yoga, meditation, massage, reflexology, intuitive work, qigong, breathwork, or other modalities)*

I understand the differences between trauma doula and traditional writing coach services, and believe this to be the right fit for me.

_____ (initial)

I understand that this is not a substitute for mental healthcare and that Kati does not offer round-the-clock crisis management.

_____ (initial)

I understand that in order to safely do this work, it's recommended to work with a mental health practitioner (preferably one with a body-based trauma focus, including certifications like EMDR, Somatic Experiencing, or Gestalt).

_____ (initial)

I am open to meeting with healing practitioners other than my writing coach. _____ (y/n)

Date: _____